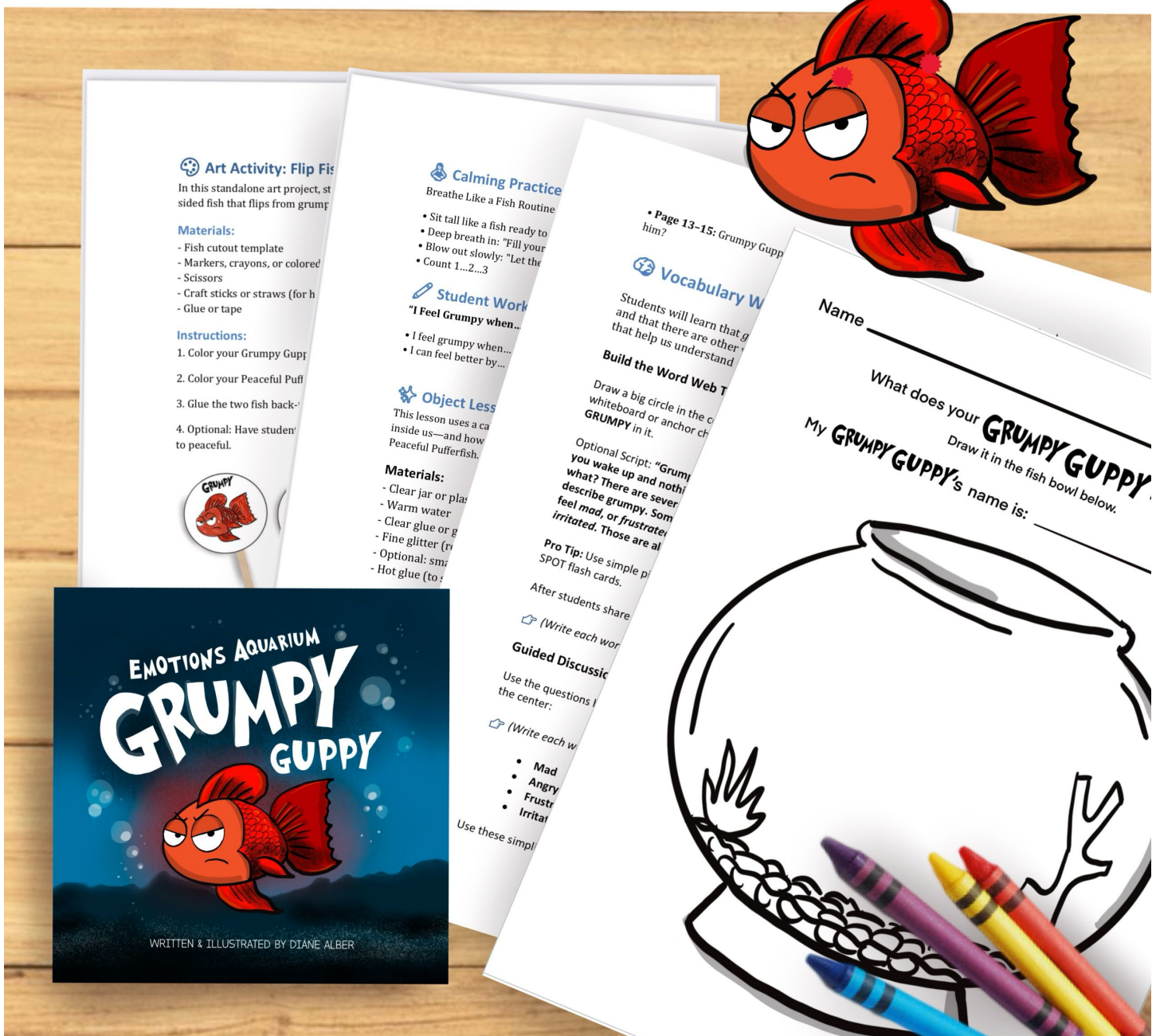


GRUMPY GUPPY

LESSON PLAN

• ACTIVITIES • WORKSHEETS • WRITING • READING
• POSTERS • ART



Grumpy Guppy Lesson Plan

Emotions Aquarium: Grumpy Guppy by Diane Alber

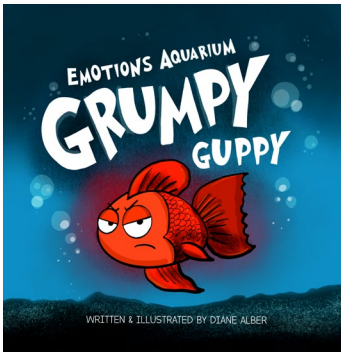
- SEL Focus: Self-awareness, Emotion Vocabulary, Calming Strategies
- Target Ages: 5–8
- Duration: 30–45 minutes

Learning Objectives

- Recognize the emotion of "grumpiness" and its related feelings: frustration, anger, mad, irritated, upset.
- Identify physical signs of grumpiness (frown, tense body, shouting, etc.)
- Learn and practice calming strategies (deep breathing and counting)
- Reflect on how feelings can change with support and self-regulation

Story Time

Read aloud: Grumpy Guppy



Stop for discussion at key moments:

- **Page 4–5:** “I’m a Grumpy Guppy, just look at my frown!” → What does your face look like when you’re grumpy?
- **Page 6:** “No one agrees with me...” → Have you ever felt mad when something didn’t go your way?
- **Page 7–9:** Peaceful Pufferfish introduces breathing → What does your body feel like when you're calm?

- **Page 13–15:** Grumpy Guppy gives calming a try → How do you think breathing helped him?

Vocabulary Web Worksheet

Students will learn that *grumpy* is a feeling and that there are other words and body clues that help us understand it.

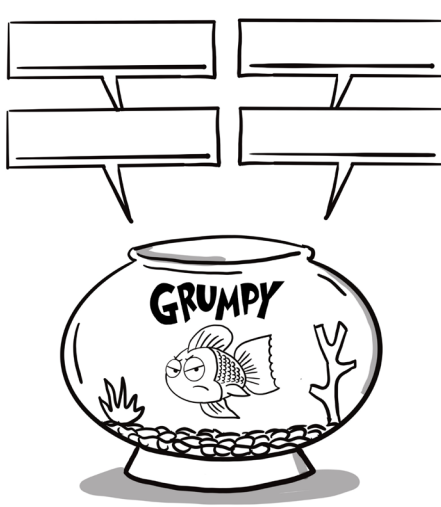
Build the Word Web Together

Draw a big circle in the center of your whiteboard or anchor chart with the word **GRUMPY** in it (create a word web).

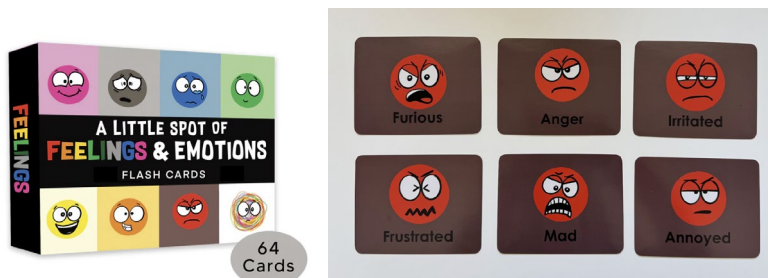
Optional Script: “Grumpy is a feeling—like when you wake up and nothing feels right. You know what? There are several words that can describe grumpy. Sometimes people say they feel *mad*, or *frustrated*, or even *angry* or *irritated*. Those are all grumpy feelings too!”

Name _____

What are some other words that can describe **GRUMPY** ?



Pro Tip: Use simple pictures with each word—this is a great opportunity to use A Little SPOT flash cards.



Guided Discussion with Movement & Expression

Use the questions below for some gentle guiding, add these words in bubbles around the center:

 (Write each word in the word web as you say it.)

- **Mad**
- **Angry**
- **Frustrated**

- Irritated

Then follow up with:

“Even though these words are a little different, they’re all part of the same feeling family. Let’s learn what each one means.”

Use these simplified, interactive versions of your questions:

1. **“What does *grumpy* feel like?”**
(Let kids make a “grumpy face.” You do it too! Say: “Oh no! Look at all these Grumpy Guppies!”)
2. **“Can you show me what your body does when you’re grumpy?”**
(Let them stomp, fold arms, huff, etc.)
3. **“Raise your hand if you’ve ever felt mad or frustrated.”**
(Ask a few: “What happened?”)
4. **“What’s different between grumpy and angry?”**
(Say: “Grumpy might be small. Angry might be BIG.” Show with your arms: small grumpy... **GIANT ANGRY!**)
5. **“What helps you feel better when you’re grumpy?”**
(Add a few calming ideas to the web: deep breath, hug, quiet space.)

Drawing Activity:

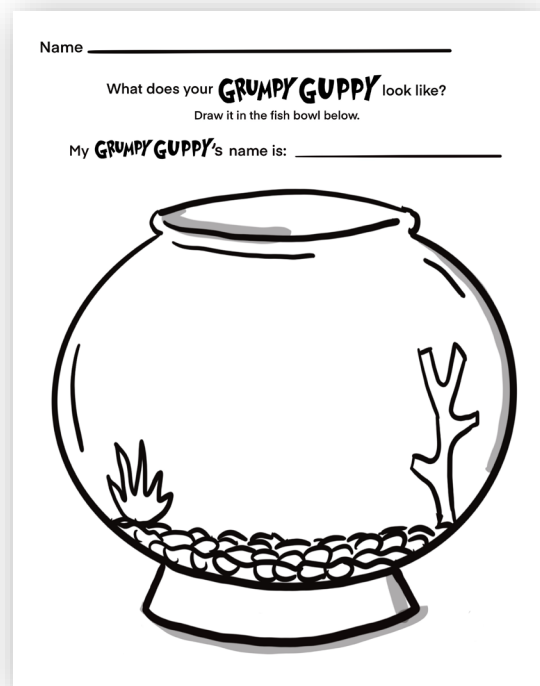
Say: “Grumpy Guppy isn’t the only fish who gets grumpy! Let’s imagine a grumpy fish of your own. What would they look like?”

❖ Pass Out Drawing Paper or a Printable Template:

Explain that there is a place to put the name of your guppy: “My Grumpy Guppy’s name is _____.”

Drawing Prompts to Guide Them:

1. “Is your guppy big or small?”
2. “What colors do they turn when they’re mad or frustrated?”
3. “What is your guppy grumpy about?”
4. “What helps your guppy feel better?”





Calming Practice with Peaceful Pufferfish

Breathe Like a Fish Routine:

- Sit tall like a fish ready to float
- Deep breath in: "Fill your belly"
- Blow out slowly: "Let the bubbles go"
- Count 1...2...3



Student Worksheet Writing Prompt

"I Feel Grumpy when..."

- I feel grumpy when...
- I can feel better by...

Name _____

I feel **GRUMPY** when _____

I can feel better by _____



Object Lesson: Glitter Storm Jar

This lesson uses a calming jar to visually demonstrate how big emotions can swirl around inside us—and how breathing can help those feelings settle, just like in the story with Peaceful Pufferfish.

Materials:

- Clear jar or plastic bottle with lid
- Warm water
- Clear glue or glitter glue
- Fine glitter (red or orange for 'grumpy')
- Optional: small fish bead or sticker inside
- Hot glue (to seal lid)



Activity:

1. Shake the jar. "This is like Grumpy Guppy's mind when he's frustrated and mad—everything's swirling and cloudy."
2. Set the bottle on the table. Watch together. "Let's take deep breaths like Peaceful Pufferfish while the glitter settles."
3. Count slowly to 3 as the glitter floats down. 'See? Just like the bubbles in the book, our feelings can calm down too.'

Optional: Let students take turns shaking and breathing with the jar.

Art Activity: Fish Flip

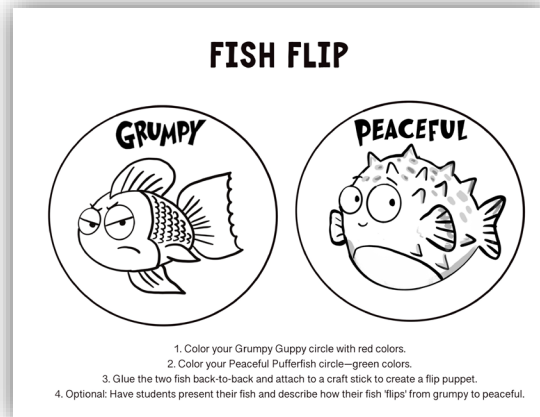
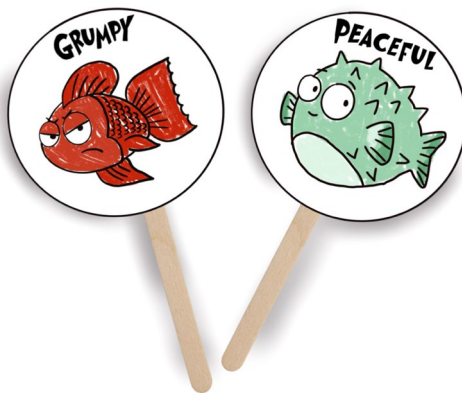
In this standalone art project, students explore how emotions change by designing a two-sided fish that flips from grumpy to calm.

Materials:

- Fish cutout template
- Markers, crayons, or colored pencils
- Scissors
- Craft sticks or straws (for handles)
- Glue or tape

Instructions:

1. Color your Grumpy Guppy circle with red colors.
2. Color your Peaceful Pufferfish circle with green colors.
3. Glue the two fish back-to-back and attach to a craft stick to create a flip puppet.
4. Optional: Have students present their fish and describe how their fish 'flips' from grumpy to peaceful.



Extension Prompt:

“What helped your fish change moods? What can you do when you’re feeling like the grumpy side?”


Wrap-Up Reflection

Ask:

- What can you remember from Peaceful Pufferfish?
- What’s one thing you’ll try next time you feel grumpy?
- Can feelings change? What helped Grumpy Guppy change his?

Additional Worksheets


Name _____




GRUMPY GUPPY WORD SEARCH

F	W	T	T	M	L	E	O	W	A
N	R	V	O	S	Q	I	A	X	Q
E	L	U	M	E	D	R	N	G	U
M	F	G	S	A	J	R	G	U	A
O	U	R	O	T	D	I	R	P	R
T	R	U	U	K	R	T	Y	P	I
I	I	M	G	P	W	A	P	Y	U
O	O	P	S	A	R	T	T	J	M
N	U	Y	U	C	K	E	M	E	K
S	S	U	C	Y	T	D	H	U	D

Frustrated	Aquarium	Irritated	Mad
Furious	Guppy	Emotions	
Grumpy	Angry		




Name _____



GRUMPY GUPPY WORD SEARCH

F	W	T	T	M	L	E	O	W	A
N	R	V	O	S	Q	I	A	X	Q
E	L	U	M	E	D	R	N	G	U
M	F	G	S	A	J	R	G	U	A
O	U	R	O	T	D	I	R	P	R
T	R	U	U	K	R	T	Y	P	I
I	I	M	G	P	W	A	P	Y	U
O	O	P	S	A	R	T	T	J	M
N	U	Y	U	C	K	E	M	E	K
S	S	U	C	Y	T	D	H	U	D

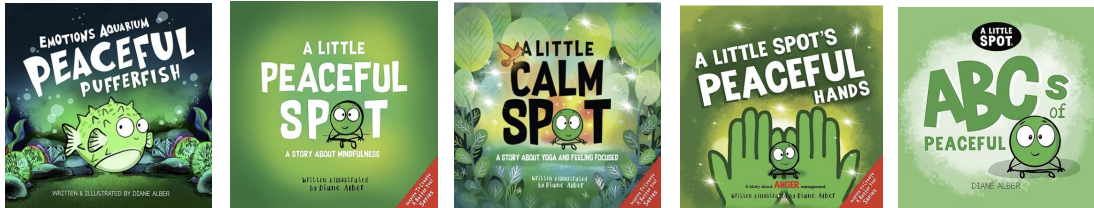
Frustrated	Aquarium	Irritated	Mad
Furious	Guppy	Emotions	
Grumpy	Angry		



Additional Resources

Peaceful Companion Books by Diane Alber

Pairs perfectly with Grumpy Guppy to introduce calming techniques, vocabulary and support emotional regulation.



Anger Companion Books by Diane Alber

Pairs perfectly with Grumpy Guppy to introduce vocabulary, calming techniques, and triggers.

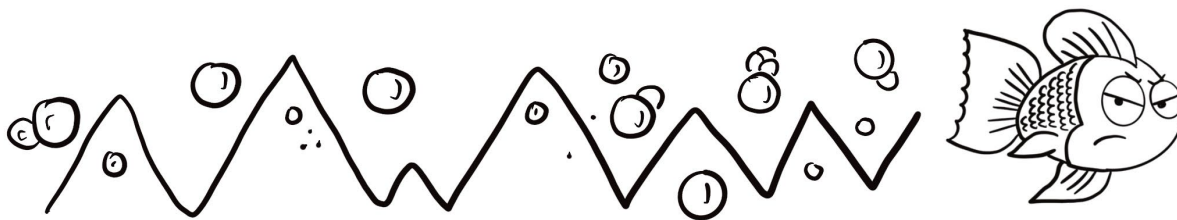


Games, Cards and Plushies by Diane Alber

Perfect for exploring all the emotions, mixed-up emotions, recognizing facial expressions and body language.



Name _____



GRUMPY GUPPY WORD SEARCH

F W T T M L E O W A
N R V O S Q I A X Q
E L U M E D R N G U
M F G S A J R G U A
O U R O T D I R P R
T R U U K R T Y P I
I I M G P W A P Y U
O O P S A R T T J M
N U Y U C K E M E K
S S U C Y T D H U D

Frustrated

Aquarium

Irritated

Mad

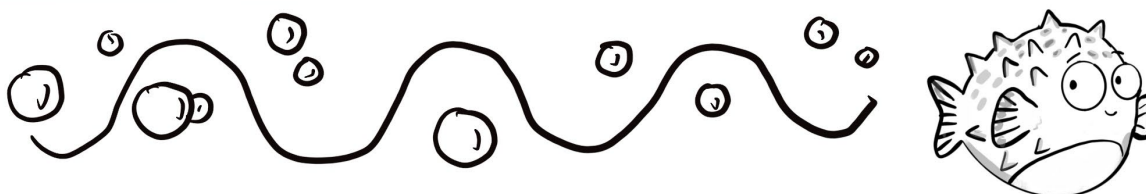
Furious

Guppy

Emotions

Grumpy

Angry

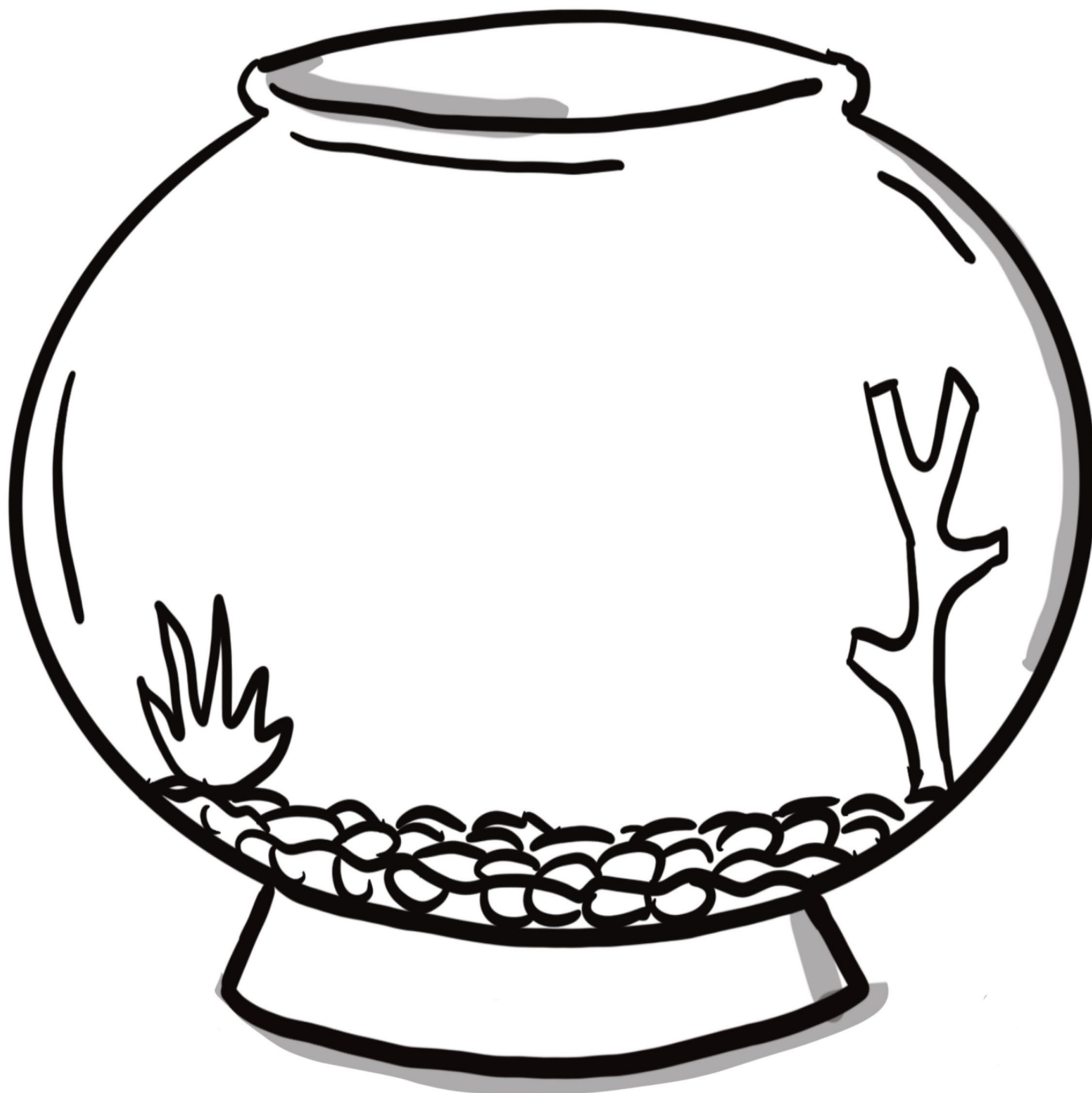


Name _____

What does your **GRUMPY GUPPY** look like?

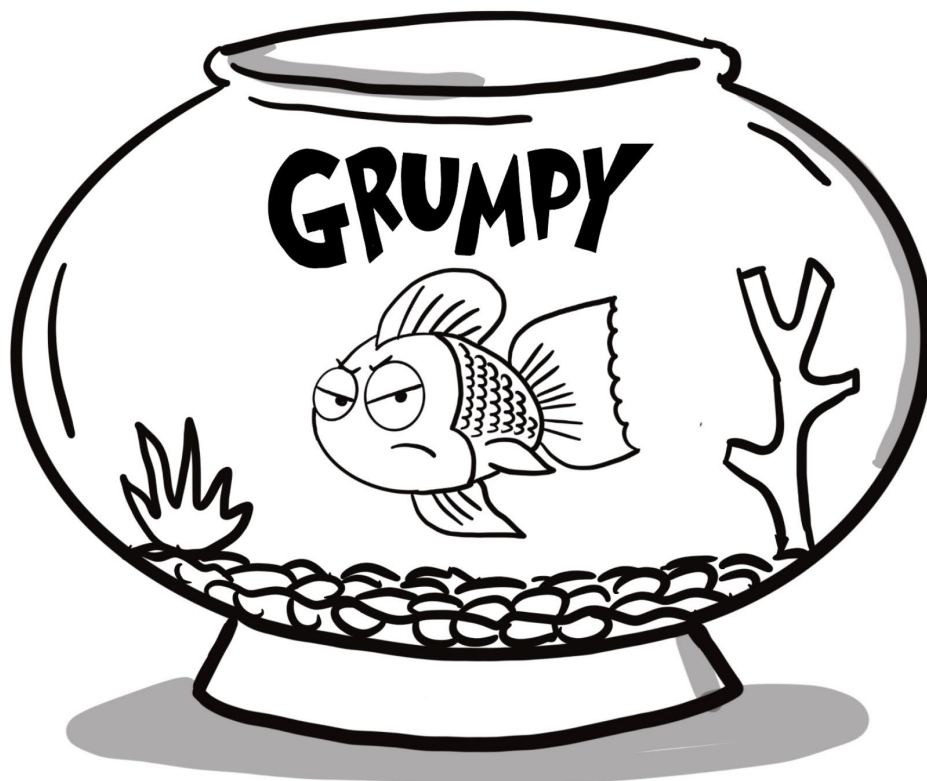
Draw it in the fish bowl below.

My **GRUMPY GUPPY**'s name is: _____

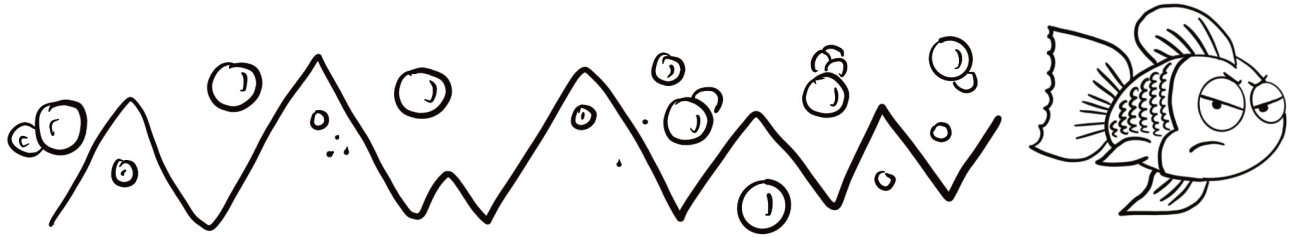


Name _____

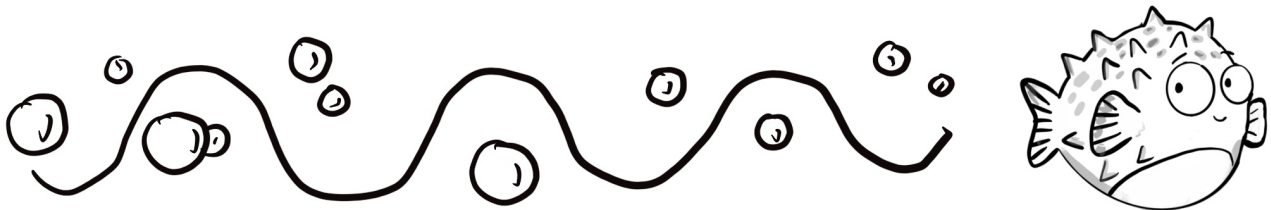
What are some other words that can describe **GRUMPY** ?



Name _____

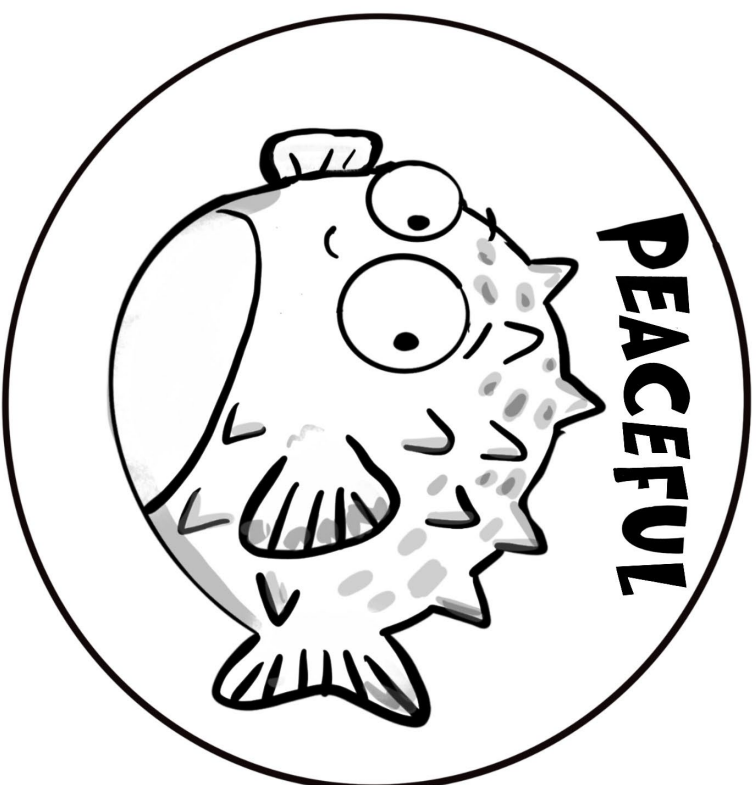
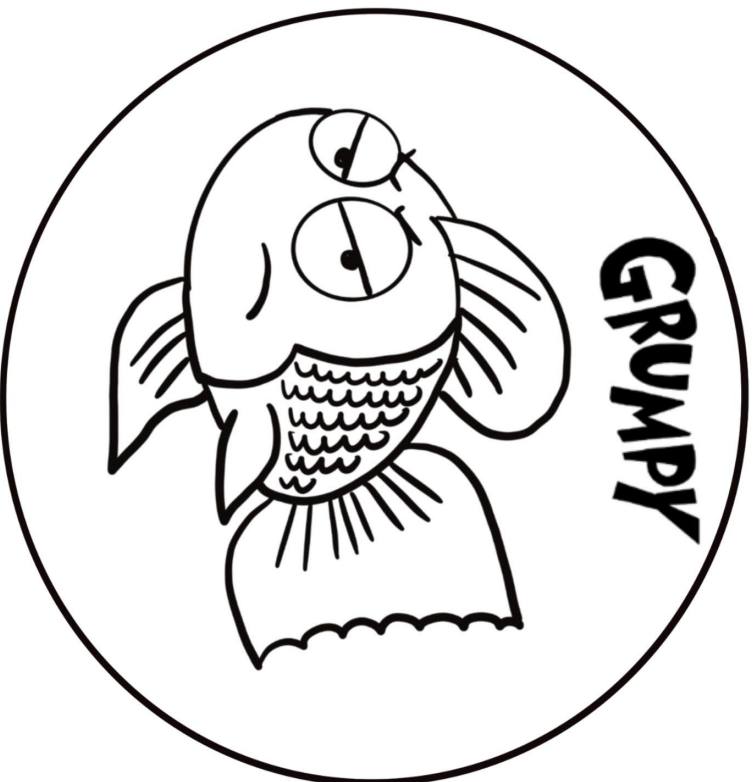


I feel **GRUMPY** when _____



I can feel better by _____

FISH FLIP



1. Color your Grumpy Guppy circle with red colors.
2. Color your Peaceful Pufferfish circle—green colors.
3. Glue the two fish back-to-back and attach to a craft stick to create a flip puppet.
4. Optional: Have students present their fish and describe how their fish 'flips' from grumpy to peaceful.

CRUMPY

CRUMPY

CRUMPY
CRUMPY



